

Summer, 1993

## **ARE THESE TAPES 'NEW AGE' STUFF?**

Thought I'd write and relate an eye-opening experience I had this week.

I am a medical social worker in a small community hospital in Illinois. Over the years I have made numerous attempts to introduce Hemi-Sync® to healthcare professionals and have met with absolutely no success, none, zip! Among these attempts were an in-service to hospital staff and a presentation to a hospice group. Both times I provided a verbal description and experiential demonstration of Hemi-Sync as well as a discussion of its applications in support of health and well-being. Following the presentations I received comments such as "That's nice," or "Nice, but we'll have to think about whether we want to use these tapes," and "Are these tapes 'New Age' stuff?" The individual patients I introduced to Hemi-Sync tapes had similar things to say. No one requested follow-up.

I was puzzled about the lack of enthusiasm because I was, and had been for several years, getting phenomenal results myself. I allowed the experiences at work to dampen my enthusiasm and eventually dropped out of the TMI Professional Division. However, I continued to use the tapes personally. In fact, the recent addition of Metamusic® as an adjunct to my daily meditation helped me get in touch with the lack of passion I was experiencing as a medical social worker. I decided to begin looking for ways in which I could again "connect" with patients and staff.

One day last week a fifty-eight-year-old female was admitted to my floor with a stroke. I entered her room and began a very one-sided conversation, mostly about discharge planning. She was emotionally flat and, although she had no problems with speech, her right side was affected by lack of feeling and muscle tone. She lay in bed and seemed unable to respond physically to anything. Eventually, I did learn that she lived with her daughter and was employed as an accountant by a large drugstore chain, where she had worked for twenty five years. In passing, I mentioned the Hemi-Sync *STROKE RECOVERY SERIES* to her and she asked to try it.

That morning I brought her the tapes and a hospital cassette player and headphones. After "hooking her up," I was about to leave when she said "This doesn't work. I can only hear in one ear." I confirmed her assessment and replaced the equipment with another player and headphones. The patient listened briefly and again said she could hear only in one ear. Suddenly I realized the problem--all the hospital tape players were monaural, not stereo! I also realized why all the previous responses to Hemi-Sync had been so bland! What a tremendous gift this woman was to me.

The next day I brought her the *Brain - Repair and Maintenance* tape and my own cassette player and headphones. That afternoon she was sleeping soundly, her whole body relaxed and her mouth open, snoring away. By evening she was sitting up, more alert and smiling for the first time. We talked more about her job (I noticed a marked lack of enthusiasm), and her need to get back home to her eight-year-old granddaughter. During our meeting the following day, she said of the tapes, "They're wonderful. I feel so relaxed."

Her recovery progressed nicely, and I spoke to the patient as she was preparing to return home. She cried when she told me how much she thought the tapes had helped her, saying she was deeply moved. I took that opportunity to tell her what a gift she had given me by telling me about the equipment. As I was leaving her room, she said "Oh, by the way, I have decided not to return to work. I have a pension and I plan to spend time with my family and to find out what I really want to do." No small decision, I would say.

The story does not end there. I ran into the patient's physical therapist and told her about my experience with the equipment and the tapes. She asked me for more information and requested that I give an in-service for the PT department. While we were speaking, someone from the rehabilitation center joined us. She also asked for information and an in-service for the rehab center.

I am so aware that when I use Hemi-Sync tapes I create an opening for the possibilities that I merely dream about without them. My life seems to work in an effortless manner. People I need to talk to show up without my having to initiate contact, situations occur that are unexplainable, people call when I merely think of them. More of my intuitive power is available and I seem able to draw to me more of what I want.

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